OPEN Arms

*October 1998 * Vol 10 Number 10*

P.O. Box 845 Mishawaka, IN 46546

Lavender Rhythm wishes to thank the womyn of our community who have attended our dances. The average attendance of our last two dances have been 50 womyn. We are hoping that the attendance will go up at the next dance on November 14th. We need to have at least 70 womyn to break even with the cost of putting on the dance. As you can see, the attendance at the last two dances have not allowed us to recoup our expenses and we have lost money and we are unable to continue to do this. We feel that womyn need to have a low cost alternative to the bar, to meet and have fun. We welcome you and your friends at these dances, but if for some reason you can't attend due to the cost, please let us know. We are always looking for ways to minimize the expenses. We need and appreciate your feedback about these dances. What can we do to make it more enjoyable for you? How can we let our community be made aware of these dances to increase attendance? The more womyn, the better to make new friends and visit with old friends.

Please call me at 616-684-7362 or mail your responses into Open Arms, who will forward them to me. Thank you and see you in November……Laura

Editor's Note: I have been to many of these dances over the years and Lavender Rhythm has always worked very hard to bring our community together to meet, dance, laugh, talk, and have a wonderful time. They need our continued support. Circle November 14 on your calendar, plan on attending the next dance. Tell your friends. We want to keep these dances a regular part of our events.

NOTRE DAME WOMEN'S VOLLEYBALL

Oct.	**2**	**vs Seton Hall.....8:00 pm**
	4,	**vs Rutgers.....2:00 pm**
	23,	**vs Providence.....8:00 pm**
	25,	**vs Boston College....2:00 pm**
	29,	**vs Oral Roberts.....7:00 pm**
	31,	**vs Syracuse.....7:00 pm**
Nov.	**6,**	**vs Georgetown.....7:00 pm**
	8,	**vs Villanova.....2:00 pm**
	18,	**vs Toledo.....7:00 pm**

Witches Gathering For Hallows

in Southwestern Wisconsin.....November 6-8 The Gathering will be held at a state park approx. 2 1/2 hours west of Madison. A map & add'l transportation info will be mailed when your registration is confirmed. The Gathering is being held in an indoor camp which includes a lodge and communal cabins. The cabins have bunk beds w/mattresses, indoor plumbing and are heated. Vegetarian meals will be served each day & snacks will be available between meals. No dinner is served Friday evening. The weekend includes workshops on astrology, looking towards nature, power animals, trance work, dance, rituals, Hallows Games and drumming. Artists & craftswomen will offer their good & services for sale. *You must register in advance!!* There will *NO* on-site registration. Questions?? Call Deb Trent at 608-257-5858 (Tues.–Fri., 1-5pm CST) or write RCG-I, P.O.Box 6677, Madison, WI. 53716

FAST BREAK CLUB

Notre Dame Women's Basketball season will be starting the 4th of November with an exhibition game with the Hungarian team. After a second consecutive trip to the Sweet 16, this team has four starters returning, Shelia McMillen, Neile Ivey, Kelley Siemon, Ruth Riley and an incoming, Parade All-American guard, Sherisha Hills, from Tampa, FL. This year's team will be quicker, stronger and have more depth than ever. The team will be better defensively and exciting to watch. Fast Break Club members are invited to watch a pre-season team practice, join in the annual club picnic, become a "welcomer" (welcome fans as they enter the arena), attend club bus trips to away games and participate in post-game socials. If you are interested in becoming a member of the Fast Break Club, call Jeri at 219-631-5420

The Re-formed Congregation of the Goddess-International presents, LAYNE REDMOND, author of *"When the Drummers Were Women"*, in a concert/workshop October 23-25 in Madison, WI. Layne Redmond has recorded 5 albums, and has been profiled in the New York Times and other major magazines and publications. She teaches and performs in the US & overseas.

Ms Redmond is the first female musician to have her own line of drums launched by Remo, Inc. For more information, please contact the RCG-I office at 608-257-5858 and ask for Deb Trent or e-mail Deb at rcgi@itis.com

COMMUNITY EVENTS

"SINGLED OUT"

Saturday, October 3, 12:00 noon..... Womyn's Weekend in Saugatuck.... Spread the word, bring a friend. We will meet at noon at Southside Christian Church to carpool or caravan. Spend the day with others sightseeing, browsing and shopping; then enjoy dinner and dancing at the Sir Douglas Dunes. (This part is optional as some of us will head back to Indiana in the early evening.) For more info please call Linda: 219-257-9082 or Lynn: 219-259-6801

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October 24, 8pm-1am
"Community Spirit's Costume Dance
Prizes for best, funniest, ect. An Alcohol Free Event. For more information & the location on this event, call Julie Kimball at 616-982-1300 or e-mail Julie at MsJKK2U@aol.com

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LAVENDER RHYTHM'S FALL DANCE

Saturday, November 14,
9:00 pm to 1:00 am
At the Pickwick Place, 219 N. 4th Street, Niles, MI.
Music by DJ....Sharon, Separate Smoking Room, BYOB...for more info call 616-684-7362

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SAPPHOS NETWORK
A support/study/social group for North Central Indiana, P.O. Box 118, Kewanna, IN 46939-0118 (219) 595-7542

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NORTH/CENTRAL ALLIANCE
Located in the Kokomo, Tipton, Logansport, Marion and Frankfort area of North/Central Indiana....N/Central Alliance, P.O. Box 186, Kokomo, IN. 46903..Voice Mail 317-454-8868

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LESBIAN GROWTH & SUPPORT GROUP
meets Monday nights 7-8:30 pm, Fort Wayne Woman's Bureau at 303 E. Washington, Fort Wayne. Info....219-424-7977
Also in Fort Wayne...G/L/Bi/T Helpline 219-744-1199
Mon.-Thurs., 7-10 pm, Fri.-Sat, 7-12 am, Sun, 8-9 pm

****

Kalamazoo Gay/Lesbian Resource Center
C.A.R.E.S Building, Lower Level
629 Pioneer Street, Kalamazoo, Mich. 49001
voice mail: (616) 349-4234

****

PFLAG (Parents & Friends of Lesbians and Gays)
Meetings are from 2 to 4 p.m. the 4th Sunday of the month at Christ the King Lutheran Church, 17195 Cleveland Road, South Bend. For Info...Nancy 219-277-2684

EROTICON III

October 9, Mars Night Club, 409 N. Walnut, Bloomington, In. 8pm-3am. $10. in erotic attire, $20. in street clothes
Lascivious Exhibitions (LE) holds bi-annual sexuality-oriented erotic balls. They encourage anyone to attend so that they may enjoy the body-and sex-positive environment. This is an event for everyone, no matter where you fall on the wide continuum of sexual desire. More Info: 812-335-2575, P.O. Box 3457, Bloomington, IN.47402
on the WEB: www.lasciviousexhibitions.com
E-mail: info@lasciviousexhibitions.com

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National Organization for Women (NOW)
The Chapter meets the first Wednesday of each month from 7 - 9 pm, St. Joseph County Public Library, Main Branch, 304 S. Main, South Bend

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COMMUNITY SPIRIT
Area's (St. Joseph, MI) newest social/activity group. Meetings are the 2nd & 4th Wednesday of the month. More info, call Julie 616-982-1300 or Terry 616-925-7371, or e-mail Julie at MsJKK2U@aol.com

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LESBIAN SUPPORT GROUP
Every Tuesday 7-9 P.M. For Info, write :
LSG, P.O. BOX 1612, MISHAWAKA, IND. 46544

****

October 10, 7:30 PM
Mountain Moving Coffeehouse
for Womyn & Children
1650 W. Foster, Ebenezer Lutheran Church , Andersonville, Illinois features singer/songwriter **FERRON,**

COMING BACK TO INDIANAPOLIS.....
For one show only
Saturday, October 31, 8:00 pm **Kate Clinton**
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Questions?? Call 317-923-8550 or e-mail DinoBOP@AOL.com

NATIONAL COMING OUT DAY BRUNCH SCHEDULED
Justice, Inc. has scheduled a brunch for Sunday, October 11 at 12 noon at the Omni Severin Hotel in downtown Indy. Kerry Lobel, Executive Director of the National Gay & Lesbian Task Force will be the featured speaker. Tickets are $25.00 per person. Send your check or money order payable to "Justice, Inc." and mail it to: Justice Brunch, P.O. Box 2387, Indianapolis,IN. 46206 A confirmation of reservations will be sent to you in the mail.

A WHALE OF A TIME

by Lee Lynch

I went to see Keiko, the Orca whale who played Willy in the 1993 film "Free Willy." I never saw the movie, but now I've visited this special animal, I understand why kids went nuts over him.

He's sweet. Gentle. Strong. Friendly. Orcas are really the largest members of the Dolphin family and the term "killer whale" is a misnomer for this guy. I'd visited Keiko three times before, through a window. He was fascinating, a dapper athletic black and white being that peered at us peering masses. This time, though, I was invited to get up close and personal by friends who had spent the last year on round-the-clock shifts making sure Keiko had everything he needed and came to no harm.

I'm not a whale worshiping lesbian, but I fell for Keiko.

After I took advantage of the photo opportunity, I looked around from the edge of Keiko's pool. We were up high enough that I could see the city of Newport, Oregon, its twinkling bridge, its bobbing boats on the bay. A calm had come over everything, even, amazingly, over me. Was this the influence of the big gentle whale who swam to the edge of his pool to hang out with his whale-sitters and admirers? It must be a Zen thing. The Whale just Is.

Protected Keiko. He's being moved to Iceland where it's hoped he'll eventually be freed. Can he survive in a sea of predators? Where he'd have to hunt his own meals?

Can I?

It's that time again when work is scarce and I don't know if I'll have an income from month to month. Everything doesn't go wrong at once. Someone's always throwing a wrench into perfectly good works.

Finally, I'm living in a nurturing place. Finally, I'm living with a woman who thinks I'm a keeper. Finally, with my food allergy gone, I can eat what I want. Finally, post-menopausal, my hormones have settled down. Finally, as I've always wanted, I'm a writer.

What's money? Only something that sustains my writing. It makes me a freed Willy able to survive in my true element. It's the meal I struggle for, churning with and against the other Orcas in a wild, often stormy sea.

Were I a whale-worshiping kind of lesbian, perhaps Keiko would show me my path. Instead, plebeian, I market (read sell) myself and the company I work for. I genteelly beg for work from referral sources. It's a whale eat whale world out here where the big fish swallow the little fish and that's the way it's supposed to be. Sink or swim.

Yet after my audience with Keiko, I'm having a hard time caring that insecurity looms. I may be on the verge of frantic when suddenly I'll round a curve and there's the ocean leaping and undulating, rich with dank odors, the breezes chill and sun-warmed all at once on my arms and face, and a taste of hot dog and mustard and peppermint ice cream summer vacations in my mouth. What, me worry?

I'm fighting for my job, but I feel like I'll land on my feet. I look at all the lesbians and gay men around me who've patched together a living. Life's so fleeting, I don't want to throw my time away obsessing about what's next when try as I might, I can't control the future. Waste not, want not.

Job? I can always clean houses again. If I can manage to fit my butch pride under the bandanna in my back pocket I could even lean on Lover for a while. Or do straight journalism, though I'd rather pump gas. Probably more lucrative too.

My former publisher, has told me all my books but one have been remaindered. This means that while a reader might pay full price for one of my books in a bookstore, I get nothing. The sum total of my 1998 royalties? About $60.00. I've got to have a job. This little fish swims hard, but the big fish won't be denied.

Tomorrow Lover and I go to the state fair with friends, women who stay together and play together. I've never found grown women like this before. Must be something in the coastal air. Or maybe I'm ready to be like them.

We've planned to meet at the fair Scone Booth where we'll likely delight in those British delicacies. Then we'll turn green on the Tilt-a-Whirl. Scare ourselves on the Ferris wheel. Look for piglets to coo over. Admire the quilts and mega-tomatoes and photographs. Wish we could win stuffed toys for our girls. And eat funnel cakes and curly fries. Job or no job, does life get any better?

I'm visiting Keiko tonight for the last time before he leaves. This time I won't take pictures, but set for a spell, breathing in his aura. I'm not an aura dyke, any more than I'm a whale dyke, but maybe I've learned a little of my path from Keiko after all. The whale just is.

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WELLNESS CORNER

By Susan Myers, R.N., LCSW, HTP,
Holistic health counselor

THE POWER OF POSITIVE EMOTIONS

Research shows a strong link between happiness, optimism and good health and between increased well-being, and the body's potential to heal itself. Exercises in positive thinking may be beneficial, but more powerful still are positive emotions, such as hope and joy. Not surprisingly, close and supportive relationships with friends and family, and a sense of humor, can help engender positive feelings. Being able to express emotions that lie beneath the surface, through art or music, for example, also contributes to a full emotional life and a resilient outlook.

Family and Friends

A network of friends and family may be more important than we realize: a readiness to find emotional sustenance through others is a strong element in the pattern of healing and well-being. The more isolated we are, the less healthy we are likely to be, since it can be difficult to have a rich emotional life alone. Although religious affiliation has been linked to better mental and physical health, the feeling of loving and being loved, and of being part of a supportive community, may have much to do with this, rather than faith alone. Several studies in the US have shown that the support of family and friends improves the quality of survival time for patients with heart disease or breast cancer, even though some of these patients were not physically healed and eventually died. The expression of deep emotions such as anger and love was important in "healing the soul," and enabled terminally ill people to find grace in dying.

Hope and Humor

Hope is a component of optimism. It need not be unrealistic - in fact, hope can mean facing up to a problem and then looking for appropriate solutions. Dr. Stephen Greer, a specialist in cancer psychology, links hope to a quality he calls "fighting spirit." His research, undertaken while at King's College Hospital, London, showed that women with breast cancer who could harness their anger and fear in this way, lived longer than those who did not. The ability to laugh, and opportunities to do so, make for a brighter emotional landscape. People with a sense of humor tend to suffer less fatigue, tension, anger and depression in response to stress than those without. Laughter eases muscle tension, deepens breathing, improves circulation, and releases endorphins, the body's natural pain-relieving opiates. It also raises levels of immunoglobulin A, an antibody in the mucous lining of the nasal cavity, and helps release hormonal substances called cytokines that promote the activity of "natural killer' white blood cells. These cells specialize in fighting off invading bacteria and viruses, and in destroying potential tumor cells. As a coping mechanism, humor is an affirmation of life, an expression of joy, compassion, hope, love, and playfulness.

Encouraging Positive Emotions

If you find your mind continually focusing on negative, pessimistic, and anxious thoughts, you may be depressed. Discuss this with your doctor. Positive emotions may be lying beneath the surface, and you should work each day to encourage them. If you lack confidence and feel anxious, you may find it useful to practice a form of visualization in which you recall happy occasions in your life and try to re-experience the feelings associated with them. Visualization can also help to improve self-esteem, activate the body's self-healing powers and even reduce pain.

A US study in Social Science in Medicine (1988) found that people who had never expressed how they felt about unpleasant or unspeakable events were more prone to feeling sick than others. Reporting the events tended to improve their health, but expressing their emotions verbally or in writing led, in the longer term, to a radical increase in their sense of well-being.

Art and music help express emotions that may be difficult to articulate, by penetrating to the intuitive and unconscious part of the mind. Playing or listening to music, chanting, and drumming all have a profound power to stir the emotions and change mood.

Positive Thinking

When you feel good about yourself you can accept your own imperfections. Being under stress and unable to cope, however, can undermine self-esteem and make you interpret every unfortunate event as the end of the world. Try to change the perspective by "reframing the image" - you are not a failure if you do not succeed, but rather a success for trying. If you feel overwhelmed by a stressful situation, stop and relax, control your breathing, then reflect on how best to deal with it. Sometimes it helps to put aside a problem until it can be dealt with more effectively, but beware of procrastination. Taking action - making a difficult telephone call, for example - may be the best way to tackle a situation. If you feel unable to face a decision, making a list of pros and cons might suggest solutions and compromises. A smile in a moment of tension, the refusal to take oneself too seriously, the ability to laugh and play, efforts toward reducing stress and promoting positive emotions, all enhance healing of the spirit in yourself and others around you. It also helps you stay "young at heart".

The Encyclopedia of Healing Therapies: Woodham and Peters

Justice, Inc.
Seeks Volunteers for
Lesbian Health Project
Speakers Bureau
Voters Registration Drive
For more information, contact Justice at:
(317) 634-9212 or
e-mail us at lesbianhealth@justiceinc.org
Justice, Inc., PO Box 2387, Indianapolis, IN 46206

Justice, Inc. is Indiana's Statewide Civil Rights Organization
On Gay, Lesbian and HIV issues

"INTERVIEWEES WANTED"

I am currently writing a feature article on gay and lesbian travel and would particularly like to speak to lesbians, gay men, bisexuals, and transgendered people about their experiences. I am focusing on all-lesbian or all-gay male cruises and high-end land travel. If you have been on a Hans Ebenstein trip, a gay male cruise ship, or an Olivia or other lesbian cruise or Club Med vacation-or some similar vacation-I would love to speak to you or correspond via e-mail about your experiences. Confidentiality will be respected if you desire. Please contact: Karla Jay: KJPhD@aol.com

COURT OF FRIENDS

Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another. Open Arms will run your ad for 2-3 months. You can resubmit or cancel at any time.

Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to: The Court of Friends, P.O. Box 845, Mishawaka, In. 46546 You will be assigned an ID number. Your letter and ID number will be published in the next issue. Those wishing to respond to a published single, may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in PENCIL on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

#78.....I am a white female, 48, looking for female. I like all types of music, movies, and practical jokes. I am an occasional drinker. I do smoke, but am cutting down. I like certain sports. Will not tolerate prejudiced people. Looking for a friend first.

Happy Anniversary, Laura

9 years.....
Love Ya, Nancy

Nancy–Happy 9th Anniversary From.....Laura

"For you are my moon and you are my stars, and when God created the two, God must have been thinking of you."
Lucie Blue Tremblay,

PALMS OF MANASOTA INC.

A Gay & Lesbian & PFLAG adult retirement village located in Palmetto, Florida would like to announce that they are ready to begin construction on their fifth resident home. The Palms will accommodate approximately 240 people on 22 wooded acres in Palmetto, midway between Sarasota and Tampa Bay. The Palms is being constructed in three phases: Phase I will consist of 21 single family, free standing block homes with barrel tile roofs. These homes will be 2/3 bedroom, 2 baths with attached garages. Phase II will consist of 53, two bedroom, 2 bath villas with 2 parking spaces. Phase III will be a huge two story building with 45 smaller units for both independent and assisted living. This building will be staffed 24 hours a day to accommodate resident needs in conjunction with the assisted care facility. There will be a country store, a library, a movie theater, craft room, beauty parlor and a chapel. Meals, with old fashioned table service will be offered in the dining hall. The Palm will sport a beautiful recreation hall with heated pool and spa, tennis and shuffleboard courts, men's and women's exercise and locker rooms, card room, billiards, pub and coffee shop. There will also be an amphitheater for plays and productions to be produced by one of our present residents.

For more information, please contact William J. Laing at 941-722-5858, Monday through Saturday, 8 to 5 E.S.T.
or you can access the Palms on the web at: http://www.prideworks.com/palms/brochure.htm
Or snail mail: Palms of Manasota Inc. 126 49 Court East, Palmetto, FL 34221
Fax: 941-721-8026 e-mail: palmsof@gte.net

IN THE NEWS

Received via e-mail... ... ... **There he goes again**. Woody Burton, in an effort to advocate "family" values, is going to propose a bill in the Indiana General Assembly to stop gays and lesbians from adopting or serving as foster parents. This bill is much more dangerous than the anti-gay Defense of Marriage Act that became law last year in Indiana. Rather than denying us rights that we don't have, this bill would take away rights that we already have. And it could set dangerous precedents on future issues (guardianships, the right to teach school, ect.). This bill tries to take advantage of the worst stereotypes against gays and lesbians, and completely ignores the best interest of the child. As Americans, we live in a society that should judge us and everyone else as individuals. Rather than making assumptions, we should be judged individually, and on the basis of who can best raise the child. Burton sites "morality" as the reason why this law should pass, which of course begs the question whether those who have committed adultery (like Dan Burton) should be allowed to adopt children. Hopefully this and other ideas are possibilities for amendments to help Justice kill this bill. If you are willing to help testify, write letters or make phone calls, please call us at 317-634-9212 or write us at Justice, Inc. PO Box 2387, Indianapolis, IN 46206 or e-mail us at alert@justiceinc.org

We also need individuals to donate money to help with this battle. Please send your donation to Justice, Inc. Help us fight the good fight on behalf of our community. Only by mobilizing our communities and working together, can we stop this bill.....Wally Paynter, President, Justice. Inc.

To help support Justice through your United Way contribution, ask your employer how to designate the not-for-profit agency of your choice. With the appropriate United Way form, please designate the following agency: **New Perspectives Fund, PO Box 10177, Fort Wayne, IN. 46850 This agency supports Justice with our educational endeavors on behalf of our community.**

OPEN ARMS STAFF

Please send submissions to Open Arms, P.O. Box 845, Mishawaka, IN. 46546

For more info contact any staff member.....

e-mail address mbdkjk@juno.com

e-mail address suze3@juno.com

Kaye & Marcia.....219-271-0338

Suze.....219-254-8676 (beeper)

SERVICES OFFERED

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Chrome Plated Hearts: Motorcycle repairs & detailing,. 219-522-5162

Rototilling & snowplowing (in season)...219-522-5162

$$$ in Real Estate investing...219-291-2342 or 291-2482

Welding techniques taught by Zealla Flores 219-233-7436 ext. 22

We would be happy to add your service and telephone # to this column for free; just send the information to P.O. Box 845, Mishawaka, IN. 46546

OPEN ARMS MISSION STATEMENT

Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community. *Open Arms* is discreetly mailed 12 times a year in a security envelope with a P.O. Box return address only. Our mailing list is kept confidential and never given to other publication or special interest groups.

One WOMAN and Her Dog

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Advertising rates are billed as follows:
for the calendar year beginning January 1, and running 12 months thru December 31, a business card sized insert (2" x 3 1/2") is $10.00. For a limited time insert, the cost is $1.00 per month.
PLEASE DIRECT ALL ADVERTISING INQUIRES TO P.O. BOX 845, MISHAWAKA, IN. 46546

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October 1998

October is lesbian/gay history month & October 11th is National Coming Out Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 NEYSA M.	SUE P. 8	9	**** 10
11	12	13 Martha C.	14	15	16	17
18	19	20 Laura & Nancy 10/20/89 Anniversary	21	22	23	24
25	26	27	ANN 28	29	30	31

**** Appearing Saturday, October 10 at the Mountain Moving Coffeehouse for Womyn & Children: FERRON, one of the finest songwriters in North America, has received across-the-board critical acclaim. She has a tremendous following due to her live performances filled with warmth, introspection, generosity and humor.

Upcoming: Saturday, November 14, at the MMCH is Lucie Blue Tremblay, back from a hiatus due to having gone back to school. Lucie Blue will serenade you with her warm, rich, sultry voice and her unique blend of pop, folk and blues. Come help her celebrate her return and listen to songs from her new recording, *"I'm Ready"!*